Medical Ops / UF-1 Timeline Review

GMT	Crew	Activity
06:00–06:10	-	Morning inspection
06:10-06:40		Personal hygiene (post-sleep)
06:40-06:50	CDD	HEMATOCRIT: measurement of hematocrit value
06:50-07:40	CDR	BREAKFAST
06:50-07:00	PLT FE-1	HEMATOCRIT: measurement of hematocrit value
07:00-07:10		
07:10-07:35	PLT, FE-1	Prep for SPRUT experiment
07:35–07:50	FE-1 assist, PLT	SPRUT: experiment
07:40–07:55	CDR	REFLEX-N: equipment setup
07:50-08:05	PLT assist, FE-1	SPRUT: experiment
07:55–08:10	CDR	REFLEX-N: setup and activation of PC
08:05–08:15		SPRUT: concluding ops
08:15–08:45	FE-1, PLT	BREAKFAST
09:00–09:10		BILLY WILL FROM
08:25–08:45	CDR	Work prep
09:00–09:10		With prop
08:45–09:00		Daily planning conference
09:10–09:40	FE-1	REFLEX-N: FE-1 subject
09:10–09:30	CDR	Daily status check of US payloads
09:10–09:20	PLT	SSAS deactivation
09:20–09:40		Collecting FMK monitors
09:30–09:55	CDR	SAMS filter cleaning
09:40–10:40	FE-1, PLT	Dismantling SSC network. Conference with ground specialist (S-band)
09:55–10:25	CDR	SAMS ICU: drawer 1 relocation
10:25–10:40	ODIC	SAMS ICU activation
10:40–11:10	PLT	REFLEX-N: PLT subject
10:40–12:10	FE-1	Physical exercise (TVIS+RED)
10:40–11:10	CDR	SSC router relocation
11:10–12:10		Physical exercise (RED)
11:10–12:10	PLT	Physical exercise (cycle)
12:10–12:48	CDR FE-1, PLT	LUNCH
12:10–13:10		
12:48–12:53	CDR	Prep for ISS ham radio session
12:53–13:03		ISS ham radio session
13:13–13:35		ISS3/ISS4 crew conference (S-band)
13:35–14:35		UF-1 timeline review
14:35–14:55		UF-1 timeline A/G tagup (S-band)
14:55–15:25		UF-1 timeline review
15:25–15:55	CDR	Maintenance of ???

15:40–16:40	FE-1	Physical exercise (cycle)
15:40–17:10	PLT	Physical exercise (TVIS+RED)
16:00–16:30	CDR	REFLEX-N: CDR subject
16:30–16:45	CDR	REFLEX-N: equipment stowage
16:40–17:15	FE-1	Delta file downlink prep
16:45–18:15	CDR	Physical exercise (TVIS)
17:15–18:15	FE-1, PLT	Connecting SmartSwitch Router (???). Conference with ground specialist (S-band)
18:15–18:30		Review of plan for upcoming day
18:30–18:55		Report prep
18:55–19:10		Daily planning conference
19:10–19:30		Report prep
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Personal hygiene (pre-sleep)
21:30–06:00		SLEEP

Notes:

- Replacement of primary C&C3 computer in MCC-H may generate CAUTION level alert in USOS (this activity will be performed on the ground at 06:45-08:45)
 See OSTP for references to US activities

End of radiogram